

The menopausal age and associated factors in Gorgan, Iran

Ali Akbar Abdollahi¹, Mostafa Oorbani², Hamid Asayesh³, Aziz Rezapour⁴, Mehdi Noroozi⁵, Morteza Mansourian⁶, Mohammad Ali Soleimani⁷, Hossain Ansari⁸

Department of Public Health, Alborz University of Medical Sciences, Karaj, Iran & Department of Epidemiology, Tehran University of Medical Sciences, Tehran, Iran.

Received: 30 July 2012

Revised: 13 October 2012

Accepted: 30 January 2013

Abstract

Background: Considering the physical, emotional and psychological complications of early or delayed menopause on women's life, it is necessary to determine associated factors of menopause age. This study designed to determine menopausal age and associated factors in women of Gorgan, i.e. the capital of Golestan province in the north-east of Iran.

Methods: In this cross-sectional study, 804 menopausal women in Gorgan were selected via two-stage sampling method in 2009. The study included only women who had undergone natural menopause and had their last menstrual bleeding at least one year before. Data were gathered through structured questionnaire that included individual characteristics, socioeconomic characteristics, menstrual and fertility characteristics and climacteric complaints. Socioeconomic status was defined using principal component analysis. Data were analyzed with T-student's and ANOVA tests using SPSS version 16 (SPSS Inc, Chicago, IL, USA) for Windows.

Results: The mean menopause age was 47.6 ± 4.45 years with the median age of 48 years. The mean menopause age in women with first pregnancy before 30 years (47.58 ± 4.47 years), without pregnancy (46.26 ± 4.90 years) and without delivery (46.30 ± 4.47 years) was significantly lower than others ($p < 0.01$). The mean menopause age was lower in single women (46.6 ± 2.80 years), with low income level (47.7 ± 4.39 years) and smokers (47.6 ± 4.45 years) compared to others; but these differences were not statistically significant ($p > 0.05$). Socioeconomic status was not associated significantly with menopause age ($p > 0.05$).

Conclusion: This study illustrated that menstrual and fertility factors have influence on menopausal age while socioeconomic factors were not effective.

Keywords: Menopausal age, socioeconomic status, Menstrual factors, Fertility factors, Climacteric complains, Iran.

Introduction

Menopause is defined as discontinuation of menstruation for successive 12 months (1). Although it has constant mean and median the menopause in the recent century approves its occurrence as a phenomenon

affected by ethnic and genetic factors, and environmental factors (2-5). In some studies the role of some associated factors in defining menopausal time have been investigated in various nations which showed changes in life style and social status may

1. Academic Instructor, Golestan University of Medical Sciences, Gorgan, Iran. abdollahy64@yahoo.com

2. (Corresponding author) PhD Candidate of Epidemiology, Department of Public Health, Alborz University of Medical Sciences, Karaj, Iran, & Department of Epidemiology, Tehran University of Medical Sciences, Tehran, Iran. mqorbani1379@yahoo.com

3. Academic Instructor, Qom University of Medical Sciences, Qom, Iran. asayeshpsy@gmail.com

4. Academic Instructor, Hospital Management Research Center, Teheran University of Medical Sciences, Tehran, Iran & Baghiatolah University of Medical Sciences, Tehran, Iran. rezapoor_a57@yahoo.com

5. PhD Student of Epidemiology, Shahid Beheshti University of Medical Sciences, Tehran, Iran. Email: mnoroozei@yahoo.com

6. Assistant Professor, Lorestan University of Medical Sciences, Khoramabad, Iran

7. PhD Candidate, Faculty of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran. soleimany.msn@gmail.com

8. PhD Candidate of Epidemiology, Health Promotion Research Center, Zahedan University of Medical Sciences, Zahedan, Iran. ansarih88@gmail.com